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RESEARCH

**Breastfeeding the newborn premature in kangaroo method: perceptions about postpartum nursing care**  
Amamentação do recém-nascido prematuro no método canguru: percepções de puérperas sobre o cuidado de enfermagem  
Lactancia materna del recién nacido prematuro en el método canguro: percepciones de las puérperas acerca del cuidado de enfermería

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ABSTRACT

**Objective:** This study aimed to evaluate and analyze the perceptions of postpartum women about nursing care to promote breastfeeding the preterm infant in kangaroo care. **Method:** This is a descriptive study with a qualitative approach, performed with 19 postpartum women. The study setting was the Dona Evangelina Rose Maternity (MDER) located in the southern zone of the Teresina city, PI, specifically in the wards of accommodation special set which are mothers and newborns (NB) preterm and low birth weight, wards of Kangaroo. The data collection instrument was a semi-structured interview. **Results:** Grouped into three categories. **Conclusion:** The study shows that the perception of most women, the care received by nursing staff are commensurate with your role is to take care, guidance and understanding. **Descriptors:** Premature, Neonatal nursing, Breastfeeding lactation.

RESUMO

**Objetivo:** Conhecer e analisar as percepções de puerpéras sobre o cuidado de enfermagem para a promoção da amamentação ao recém-nascido prematuro no método canguru. **Método:** Estudo descritivo, com abordagem qualitativa, realizado por meio de entrevista com 19 puérperas, em uma maternidade pública de referência, em Teresina-PI. Os dados foram analisados sequencialmente: pré-análise, exploração do material, tratamento dos resultados e interpretação. **Resultados:** A partir da análise das entrevistas, foi possível estabelecer três categorias: A percepção das puérperas sobre o cuidado de enfermagem com o aleitamento materno no Método Canguru; A experiência pessoal das puérperas com o aleitamento materno no Método Canguru; e, A percepção das puérperas sobre o papel da enfermagem na promoção do aleitamento materno no Método Canguru. **Conclusão:** A percepção das puérperas sobre os cuidados recebidos pela enfermagem condiz com o seu papel que é o de cuidar, orientar e compreender. **Descritores:** Prematuro, Enfermagem neonatal, Aleitamento materno.

RESUMEN

**Objetivo:** Conocer y analizar las percepciones de las puérperas acerca del cuidado de enfermería para la promoción de la lactancia materna del recién nacido prematuro en el método canguro. **Método:** Estudio descriptivo con abordaje cualitativo, realizado a través de entrevistas con 19 puérperas en una maternidad de referencia en Teresina-PI. Los datos fueron analizados de forma secuencial: pre-análisis, exploración de materiales, tratamiento de los resultados e interpretación. **Resultados:** A partir del análisis de las entrevistas, fue posible establecer tres categorías: la percepción de las puérperas acerca de los cuidados de enfermería con la lactancia materna en el Método Canguro, la experiencia personal de las puérperas con la lactancia materna en el Método Canguro, y la percepción de las puérperas sobre el papel de la enfermería en la promoción de la lactancia materna en el Método Canguro. **Conclusión:** La percepción de las puérperas acerca de los cuidados recibidos por la enfermería está en consonancia con su papel que es cuidar, orientar y comprender. **Descritores:** Prematuro, Enfermería neonatal, Lactancia materna.

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INTRODUCTION

It is understood by preterm newborn infants (NB) children born before 37 weeks gestation. Children who have preterm birth are more vulnerable and may have low birth weight, increased risk of contracting disease and greater sensitivity to external factors.<sup>1</sup>

The birth of a premature newborn is a very delicate moment not only for the baby but for the mother, out of frustration of not being able to take your child home after delivery, by guilt, fear and insecurity .

Premature and low birth weight baby has a higher risk for disorders of growth and development. In this perspective, breastfeeding is very important for the development of these because breast milk contains all the necessary nutrition for preterm infants, which will favor their growth and development nutrients.<sup>2</sup>

Initially, the idea of Kangaroo Care (KC) was generated in Colombia in order to improve the care offered to the preterm newborn, reduce costs of the assistance and generate perinatal care through the early skin-to-skin contact between the mother and her child, greater bond affective, higher thermal stability and better development. According to what is prioritized, there would be more rapid hospital discharge and outpatient follow-up would be one of fundamental bases in the care of these children, who, after discharge, should continue to be kept in skin-to-skin with the mother in the kangaroo position.<sup>3</sup>

The method is considered one of the techniques developed for the mother-baby rapprochement with the purpose to approximate mother and child, contributing to the recovery of health and maturation of preterm infants. The method was developed to promote the J. res.: fundam. care. online 2013.dec. 5(6): 284-292

*Breastfeeding the newborn premature in...* maintenance of body temperature of the newborn, by placing the baby against the mother's chest, requiring no incubators, reducing the length of hospital stay, the hospital infection rate and costs for system health.<sup>1</sup>

It is essential the participation of nurses in the method skillful way as well as the good relationship that the professional should have with his mother because the professional, in addition to guiding, will also follow the evolution of PN and the advantages the method offers the binomial, the good relationship of the mother with the nurse, ensures care for the preterm infants, even when the mother is already with your baby at home.<sup>4</sup> Given the above, was elected as the object of study the perception of puerperal woman on nursing care to promote breastfeeding the preterm infant in kangaroo care.

This study become relevant because it will serve as theoretical background for conducting scientific research on the subject, directed specifically at students and / or health professionals interested in improving their knowledge.

Therefore the guiding question of this study has been: Which are the perception of puerperal woman of nursing care to promote breastfeeding to the premature newborn in kangaroo care. And as objective: to know and analyze the perception of puerperal woman about the promotion of breastfeeding newborn premature in kangaroo care.

METHODOLOGY

This is a descriptive study with a qualitative approach. The descriptive research aims to observe, describe and document aspects of the situation. The choice of qualitative methodology is

Coêlho LS, Dias AA, Landim CAP *et al.* made out to be an approach to the field of subjectivity, with the universe of meanings, beliefs, values, and other.<sup>6</sup>

The research was conducted in the wards of accommodation special set where host mothers and newborns (NB) premature and low birth weight (Kangaroo Care - Phase II), a public maternity hospital of reference, located in the southern part of the city of Teresina-PI. This maternity unit was chosen because it is a referral hospital for emergency obstetric care for both pregnant women and for newborns, maternity currently has 248 obstetric beds and 167 neonatal beds, the largest maternity ward of the State, performing an average of 900 monthly births.

Besides having a multidisciplinary team in assisting the woman and the newborn, it is a training field for undergraduate and post-graduate courses in medicine, nursing, nutrition, social work, dentistry and physiotherapy. Due to the dedication and commitment of human resources of maternity in breastfeeding promotion, received the title of the Baby Friendly Hospital.

Maternity offers services including outpatient care that includes obstetrics medical consultations (prenatal and postpartum), gynecology, pediatrics and genetics, consultations of obstetrical nursing, nutrition consultations for pregnant women and children, consultation and guidance to the milk bank staff, accompanied by the multidisciplinary team of the newborn high risk, obstetric screening, dental care for pregnant women and children aged zero to five years, immunization service for pregnant women and children, monitoring the pregnant teen, family planning program. Besides performing complementary tests such as ultrasound and x-ray services, clinical laboratory analysis and cytology.

The Institution also counts on urgent care and emergency, involving Service of urgent care J. res.: fundam. care. online 2013.dec. 5(6): 284-292

*Breastfeeding the newborn premature in...* and emergency in obstetrics and the Service to women victims of sexual violence, both with a system of 24 hours duty and Admission in individual and collective apartments of 2 and 3 beds and a ward with 6 beds; obstetric Intensive Care Unit (ICU) with 6 beds; A High Risk Nursery and intermediate care; Accommodation mother / baby set; special Accommodation where they are mothers and newborns weighing from 1.200g to encourage breastfeeding and to stimulate the emotional bond between mother and child were separated by problems resulting from the conditions of birth RN.

Participated in this study, puerperal woman women who were breastfeeding, independent of age, mothers of preterm newborns who were in the Kangaroo Care in Phase II for at least two days, because it is considered this a necessary time for the postpartum woman have received nursing care in KC. Puerperal women who were in Phase II of the KC for less than two days and those who were not performing breastfeeding were excluded.

The number of study participants was 19 postpartum woman. The number of participants is defined by theoretical saturation data. In this method, the collection ends when it is observed that few new information comes direct way and depends on the objectives defined for the study, the depth of research and the similarity of the population.<sup>7</sup>

Data collection was performed by means of a script semi-structured interview, containing identification data and three leading questions: Talk freely about how you perceive the nursing care about breastfeeding in Kangaroo Care; Comment about your experience of breastfeeding in Kangaroo Care; and, Comment on the role of nurses in your experience of breastfeeding in the Kangaroo Care.

The interviews were conducted in Kangaroo Maternity Unit, according to the availability of study participants. These were recorded in MP4, after the explanation about the study objectives and the authorization granted by signing the Statement of Informed Consent. Shortly thereafter, the interviews were fully transcribed to ensure that no relevant information was disregarded.

For information analysis, have been followed the recommended stages by technique of thematic content analysis stages, that is, pre-analysis (floating and thorough reading of the empirical material, seeking to map the meanings attributed by the subjects to guiding questions for the interview); analysis of the meanings expressed and latent (identification of core senses, with aggregation of related content, that is, stretch or phrases considered representative for theoretical or empirical categorization), the final analysis of the information with the preparation of the central themes through the synthesis of empirical categories and subsequent interpretation of the thematic categories listed. The categories were discussed according to the thematic reference.<sup>8</sup>

Regarding ethical aspects, the research was based on the Guidelines and Norms Regulating of Research Involving Human Subjects, adopted by the National Health Council pursuant to Resolution 466/12.<sup>9</sup>

Data collection was initiated only after the study was approved by the Ethics Committee of Universidade Paulista and Research (Protocol 19409813.8.0000.5512).

In the transcript of the speech of the participants chose to call them by name Brazilian capital in order to maintain anonymity. We sought, from the responses of the researched issues that guided the interviews, to understand the influence of nursing in promoting breastfeeding of preterm newborns in kangaroo care.

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**RESULTS AND DISCUSSION**

**Characterization of participants**

Regarding age of 19 interviewed women, the lowest was 17 years and the largest 39. It was found that 15 reported being married and 04 unmarried. With regard to educational level, 04 attended the completed elementary school, 04 not completed high school and 11 completed the high school.

With regard to family income, 13 puerperal woman women had family incomes up to minimum wage and 06 had a family income above two minimum wages. About origin, 12 puerperal woman women were from rural areas what made it difficult the achievement of a satisfactory prenatal care, despite all claiming to have performed proper monitoring during pregnancy.

Regarding gestational data, 06 puerperal woman women had normal deliveries and 13 cesarean delivery. Only 02 puerperal woman women had twin pregnancies. The end of gestation between 27 and 31 weeks to 07 puerperal woman women, between 32 and 37 weeks to 12 puerperal woman. 09 NB were first pregnancy (primiparous), hampering the management of postpartum woman with their baby when they reported fear of touching the baby and perform simple tasks like bathing and changing diapers, due to the fragility of these premature. However, the other kangaroos mothers and nursing staff proved sympathetic to primiparous, assisting in the bath and trying to understand the apprehension of mothers of preterm newborns who never had the experience of maternity.

It could be observed that most of the mothers were very committed to putting their

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babies in kangaroo position, since they were aware  
of the importance of the method and its benefits  
for the baby.

However, the mothers claim that the  
environment of the ward kangaroo was pleasant  
and received the full support of the nursing staff,  
were eager to see the results of using the method  
in order to take their babies home, in the case of  
wards kangaroo of maternity, is the criterion for  
discharge weight gain.

From the analysis of the interviews, it was  
possible to establish three distinct categories: The  
perception of puerperal woman women about  
nursing care with breastfeeding in Kangaroo Care,  
Personal experience of the mothers with  
breastfeeding in Kangaroo, and perception of  
puerperal woman women on the role of nursing in  
promoting breastfeeding in Kangaroo Care.

**The perception of puerperal woman women  
about nursing care with breastfeeding in  
Kangaroo**

In the period of conducting the interviews in  
order to investigate how the mothers perceive the  
nursing care about breastfeeding the preterm  
infants in the kangaroo method It was identified  
the satisfaction of majority (eighteen), which  
describe the care received and the doubts clarified  
by nurses, highlighting the importance of the  
presence of this professional in kangaroo wards.

In relation to nursing care, fifteen puerperal  
woman highlighted nurses as being who explains,  
clarifies the importance of the method and clarify  
doubts about breastfeeding of PTNB in the use of  
the method, being a mentor and caregiver in  
various situations, as illustrated in the speeches  
interviewed the following:

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*Breastfeeding the newborn premature in...  
[...] Oh it is good, they guide us,  
teach to put the baby on the  
chest, in the right position. [...]  
(Teresina)*

*[...] The nurse taught, said that  
increases milk that helps with  
breathing, the baby fattening.  
[...] (St. Louis)*

*[...] I realize they are very  
attentive to us, care, explain  
everything even like to  
breastfeed, the position of the  
baby, tells us the advantages of  
putting the baby in the right  
position kangaroo, even that he  
best breast same and that's how  
it should be. [...] (Fortaleza)*

Nurses should promote health education,  
approaching with a clear language in order to  
facilitate interaction, learning and understanding  
of puerperal woman women, highlighting the  
purpose and advantages of the method, so that  
they understand the importance of their use for  
the binomial.<sup>1</sup>

Although most of the mothers were satisfied  
with the care received by the staff at Kangaroo  
care, one of them reported not make use of the  
method, but not for lack of guidance, but by  
finding the uncomfortable position, as described  
below:

*[...] But I'm not gonna lie, I'm not  
using the method because it is  
too hot and that position is bad.  
How is this child going to be in  
the kangaroo in heat like these?  
[...] (João Pessoa)*

From there confirms the need of the  
professionals working in this area were aware of  
the benefits and opportunities that breastfeeding  
PTNB developing actions to encourage the use of  
the method, and provide support and guidance for

Coêlho LS, Dias AA, Landim CAP *et al.* puerperal woman women, aiming benefits to this binomial and a skilled attendance.<sup>10</sup>

The support of the nursing professional is extremely important in the use of the kangaroo method, that will assist in understanding its correct use, giving the necessary guidance to maintain an effective breastfeeding. It is through this support that mothers feel more secure and calm during the act of breastfeeding, reducing fear and emotional distress.

**The personal experience of the mothers with breastfeeding in Kangaroo Care**

Despite not being an easy task, especially when the babies are immature, as in the case of PTNB, breastfeeding is presented as a possible and proposed with satisfactory results.<sup>10</sup>

Puerperal woman women are concerned enough with the weight gain of babies, as evidenced by being the first benefit cited by them for the interviews. For most mothers (15) fifteen, the progress realized in the breastfeeding method was weight gain, according to the statements below:

*[...] Woman, the baby is very chubby when I came here, I put it in the right position all the time and he suckled, exams gave him all good, thank God. And I see it in everything even better. [...]* (Recife)

*[...] Woman, when I was there, I thought she was not getting fatter, but it was just get here in Kangaroo that she began to put on weight. She has gained 100g last week down here, she is feeding right. [...]* (São Paulo)

The statements above corroborate the present study, which states that among the advantages of breastfeeding for the PTNB, there J. res.: fundam. care. online 2013.dec. 5(6): 284-292

*Breastfeeding the newborn premature in...* are the nutritional properties. Therefore, the more the mother breastfeed her premature baby, the more he will gain weight, besides contributing to the maturation of their organs.<sup>2</sup>

Two puerperal woman women realized, among other benefits, their calmer babies, after using the method as described below:

*[...] She was sucking not right, but she increased the weight, she did not move, is now calm down, so question of sleep, she's asleep too much better. [...]* (Rio de Janeiro)

*[...] It's good because he feels the warmth of the us and is calmer, I am having milk also. [...]* (Natal)

The use of the kangaroo method shortens the separation time of the binomial, allow adequate thermal management, contributes to reducing the risk of hospital infection, reduces pain and stress of the baby, increases the rates of breastfeeding, increases the quality of neurobehavioral development and psycho-affective of the baby and creates a better relationship between the family and the team.<sup>3</sup>

There are several improvements that can be observed in the use of kangaroo care. However, only one puerperal woman noticed, besides the weight gain, maintenance of body temperature and improves breathing, as below:

*[...] He gained weight. He also feels very cold and when I put the kangaroo, he gets warm. He's been really bad when he was born, go to oxygen, but now no longer need, now is the oxygen that God gave to him, thank God, just that he is breathing right is a blessing. [...]* (Rio de Janeiro)

Despite encouragement from nurses, two mothers did not managed to visualize the



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improvements generated by use of the method in  
their babies, as described below:

[...] I use the method all the time, but I have not seen improvement, I use because they taught, but I don't see it. [...] (Manaus)

[...] I can not tell you if it has improved anything, I have not seen yet. [...] (Belém)

This way, the nursing staff need to give importance to the encouragement of family regarding the proper care for their premature babies, emphasizing skin to skin contact and direct observation of the evolution of the babies, as well as risk factors and signs.<sup>3</sup>

The care of the baby PTNB is not only responsibility of the mother. The care of the baby PTNB is not only the responsibility of the mother. They are not the only "guilty" for not realizing the improvements with the act of breastfeeding your baby in the use of the method. If mothers can not view these improvements, nursing professionals should highlight the theoretical and practical skills in a good relationship with their mothers, returning to assistance not only for the baby, but the binomial who is going through a time of stress.

**The perception of the mothers on the role of nursing in promoting breastfeeding in Kangaroo**

The nurse is the professional who spends most time with mothers and babies. They are permanent carers and educators, clarify all information about the method by means of a humanized, welcoming and attentive care.<sup>1</sup> A postpartum highlighted nurses as being essential, as the statement below.

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*Breastfeeding the newborn premature in...*

*[...] The nurse is the basis of everything, the doctor comes just visit, is that nurses are coming in all the time, guiding, helping, but it's all great. [...] (Macapá)*

Postpartum women highlighted how the nurse's role, support, help, teach, guide, care, follow and understand. Most participants showed themselves satisfied, as follows:

*[...] They play the role of a very good way, I do not know what would be of us without them, they give all their attention and their role really this, I think it is good the way it is, they guide us really good. [...] (Belo Horizonte)*

*[...] The nurse has to have that care huh? Track us with babies and caring too and here they really care. [...] (Salvador)*

*[...] It is understand and guide, they come to teach us here, now that I bathed him alone because here they even do this, they give all the support. [...] (Cuiabá)*

Only one postpartum woman showed herself unsatisfied with the performance of this role of the nursing staff, as follows:

*[...] For me, it's really teaching, but here some do, some do not. [...] (Porto Velho)*

The dissatisfaction of the puerperal quoted above leads us to reflect about the reality of nursing professionals in encouraging breastfeeding in kangaroo care, must be attentive to the way how the method is being proposed and used, suggesting alternatives of choices for mothers. The method should be presented to mothers, not as an



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obstacle but as a way to benefit both the baby and the mother, in addition to ensuring a return to faster home.

The role of the professional nurse in Kangaroo Care is to provide assistance to postpartum women and newborns with low weight, considering the physical and psychological peculiarities of each case, the specific psyche of pregnancy superimposed on the postpartum woman, mother of a preterm baby, psychophysical characteristic of the hospital environment, the influences of therapeutic action on the psychological and behavioral characteristics of NB on parent-infant interactions, maintenance and formation of bonds and encouraging breastfeeding, besides improving the prognosis of PTNB, following the evolution and identifying the need for a specialized monitoring and present and improve the perception of the caregiver on the environment, their own care and their professional performance.<sup>3</sup>

We may also highlight the role of the nurse as the periodic evaluation of neonatal morbidity, growth and development of these infants, the degree of satisfaction of mothers, breastfeeding prevalence in the use of the method and the knowledge and skills acquired in the maternal care of premature babies, in order to identify the weaknesses of the care provided and ensure quality care that provides an effective breastfeeding.

CONCLUSION

The study showed that the puerperal women are satisfied with nursing care in encouraging breastfeeding and the use of KC, promoting the increase of the bond between the nursing and postpartum women and greater effectiveness of the method.

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*Breastfeeding the newborn premature in...*  
It was found in this study benefits of breastfeeding on the kangaroo method cited by mothers: an increase in infant weight, stress reduction, improvement in breathing pattern and maintenance of body temperature, which shows the monitoring of the evolution of babies by mothers and confirmation of the benefits generated by the method.

Despite not having been mentioned in any of the speeches puerperal women, the researcher could see the mother-child bond establishment as a benefit of breastfeeding PTNB in the kangaroo method, since all puerperal women interviewed were quite involved with their babies and demonstrated attachment, concern and affection with them. The establishment of this relationship is a very important factor because this relationship will be the basis for all future social relations that child, interfering directly in their lives.

Therefore, the nursing care was viewed positively, but we know that professional nursing care, and must not only guide, but also develop specific strategies for dealing with each type of mother, especially with those who refuse to use the method for not observe a visually instantaneous improvement.

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